





















<div>   <div> DEPARTMENT OF THE ARMY UNITED NATIONS COMMAND HONOR GUARD COMPANY DAILY "NEW MAN" TRAINING PROGRAM APO AP 96258 DRAFT DRAFT DRAFT </div>   </div>					
TIME LINE	ACTIVITY	LOCATION	TRAINERS	REFERENCES	UNIFORM & EQUIPMENT
DAY 0	MONDAY				
0530-0600	First call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instructor	FM 21-20	PF
0730-0900	Personal Hygiene / Breakfast / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-0930	Inprocessing / Training Room / Supply Room	Yongsan, Main Post	NM Instructor	N / A	BDUs
0930-1030	New Man Initial Counseling	Yongsan, Main Post	NM Instructor	FM 22-101	BDUs
1030-1045	First Sergeant's Welcome/ Inbrief	1SG's Office	1SG	FM 22-101	BDUs
1045-1100	Company Commander's Welcome/ Inbrief	Company CDR's Office	Company CDR	FM 22-101	BDUs
1100-1130	Company's Database Individual Information Entry	Company Training Room	CPL Green	Company S.O.P	BDUs
1130-1300	Lunch/ Formation	DFAC/ Barracks	NM Instructor	N / A	BDUs
1300-1500	Medical / Dental / Troop Command's S-1 PAC Inprocessing	Yongsan, Main/ South Post	NM Instructor	N / A	BDUs
1500-1600	Unit/ Post Policy Letters, Curfew Instructions & Instructors Inbrief/ Biography	Barracks	NM Instructor	N / A	BDUs
1600-1630	Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
DAY 1	TUESDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instructor	FM 21-20	PF
0730-0900	Breakfast / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-1130	Inprocessing / NBC / Re-up	Barracks	NBC/ Re-Up NCO	N / A	BDUs
1130-1245	Lunch/ Formation	DFAC/ Barracks	NM Instructor	N / A	BDUs
1245-1530	Finance Brief	1RC Yongsan, South Post	1RC Personnel	N / A	BDUs
1530-1600	Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
DAY 2	WEDNESDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instructor	FM 21-20	PF
0730-0900	Personal Hygiene / Breakfast / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-1130	Inprocessing	Yongsan, Main Post	NM Instructor	N / A	BDUs
1130-1250	Lunch/ Formation	DFAC/ Barracks	NM Instructor	N / A	BDUs
1300-1430	Movement to and from C.I.F	Yongsan, South Post	NM Instructor	N / A	BDUs
1430-1500	Mail Room Inprocessing	Yongsan, Main Post	NM Instructor	N / A	BDUs
1500-1600	CTA-50 Set up (Company S.O.P)	Barracks	NM Instructor	Company S.O.P	BDUs
1600-1630	Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs

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DAY 3	THURSDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instrutor	N / A	PF
0600-0700	Formation / Physical Fitness Training (Foot March)	Yongsan, Main/ South Post	NM Instrutor	FM 21-20 & 21-18	PF/ LBV/ RUCK
0700-0900	Personal Hygiene / Breakfast / Maintenance of Common Areas	Barracks	NM Instrutor	N / A	BDUs
0900-1200	COMPANY DRILL	Knight Field	NM Instrutor	FM 22-5	BDUs
1200-1300	Lunch/ Formation	DFAC/ Barracks	NM Instrutor	N / A	BDUs
1300-1500	Ceremional Training (Day 1= standing manual W/ Out weapon)	Company Area	NM Instrutor	FM 22-5	BDUs
1500-1600	Post Flag Detail Training	Knight Field	NM Instrutor	Flagg S.O.P.	BDUs
1600	New Men Released (On Post Only) for Soldiers' Time	Yongsan Garrison	N/A	Policy Letter #16	Civilian Attire
DAY 4	FRIDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instrutor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instrutor	FM 21-20	PF
0730-0900	Personal Hygiene / Breakfast / Maintenance of Common Areas	Barracks	NM Instrutor	N / A	BDUs
0900-1130	Ceremional Drill (Day 2=standing manual W/ Out weapon)	Company Area	NM Instrutor	N / A	BDUs
1130-1300	Lunch/ Formation	DFAC/ Barracks	NM Instrutor	N / A	BDUs
1300-1600	Ceremional Drill (Day 2=standing manual W/ Out weapon)	Company Area	NM Instrutor	FM 22-5	BDUs
1600-1700	Marching W/ Out weapon	Company Area	NM Instrutor	FM 22-5	BDUs
1700-1730	Maintenance of Common Areas	Barracks	NM Instrutor	N / A	BDUs
Day 5	MONDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instrutor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instrutor	FM 21-20	PF
0730-0900	Personal Hygiene / Breakfast / Maintenance of Common Areas	Barracks	NM Instrutor	N / A	BDUs
0900-1130	Ceremional Drill Standing Manual with weapon	Company Area	NM Instrutor	FM 22-5	BDUs
1130-1300	Lunch/ Formation	DFAC/ Barracks	NM Instrutor	N / A	BDUs
1300-1700	Ceremional Drill Standing Manual with weapon	Barracks	NM Instrutor	FM 22-5	BDUs
1700-1730	Maintenance of Common Areas	Barracks	NM Instrutor	N / A	BDUs

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DAY 6	TUESDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instructor	FM 21-20	PF
0730-0900	Personal Hygiene / Breakfast / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-1130	Ceremonial Training with weapon	Company Area	NM Instructor	FM 22-5	BDUs
1130-1300	Lunch/ Formation	DFAC/ Barracks	NM Instructor	N / A	BDUs
1300-1600	Ceremonial Training with weapon	Company Area	NM Instructor	FM 22-5	BDUs
1600-1700	Marching W/ Out weapon	Company Area	NM Instructor	FM 22-5	BDUs
1700-1730	Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
DAY 7	WEDNESDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instructor	FM 21-20	PF
0730-0900	Personal Hygiene / Breakfast / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-1130	Ceremonial Training with weapon	Company Area	NM Instructor	FM 22-5	BDUs
1130-1300	Lunch/ Formation	DFAC/ Barracks	NM Instructor	N / A	BDUs
1300-1600	Ceremonial Training with weapon	Company Area	NM Instructor	FM 22-5	BDUs
1600-1700	Marching with weapon	Company Area	NM Instructor	FM 22-5	BDUs
1700-1730	Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
DAY 8	THURSDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0700	Formation / Physical Fitness Training (Foot March)	Yongsan, Main/ South Post	NM Instructor	FM 21-20 & 21-18	PF/ LBV/ RUCK
0700-0900	Personal Hygiene / Breakfast / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-1130	Formation / Ceremonial Training with Weapon	Company Area	NM Instructor	FM 22-5	BDUs
1130-1300	Lunch/ Formation	DFAC/ Barracks	NM Instructor	N / A	BDUs
1300-1530	Ceremonial Training with weapon (Marching)	Company Area	NM Instructor	FM 22-5	BDUs
1530-1600	Maintenance of Common Areas	Barracks	NM Instructors	N / A	BDUs
1600	New Men Released (On Post Only) for Soldiers' Time	Yongsan Garrison	N/A	Policy Letter #16	Civilian Attire

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DAY 9	FRIDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instructor	FM 21-20	PF
0730-0900	Breakfast / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructors	N / A	BDUs
0900-1130	Formation / Ceremional Training with weapon	Company Area	NM Instructors	FM 22-5	BDUs
1130-1300	Lunch/ Formation	Barracks	NM Instructors	N / A	BDUs
1300-1500	Ceremional Training with weapon (Marching)	Company Area	NM Instructors	FM 22-5	BDUs
1500-1600	Maintenance of Common Areas	Barracks	NM Instructors	N / A	BDUs
DAY 10	MONDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instructor	FM 21-20	PF
0730-0900	Breakfast / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-1130	Ceremional Training with & W/ Out weapon	Company Area	NM Instructor	FM 22-5	BDUs
1130-1300	Lunch/ Formation	Barracks	NM Instructor	N / A	BDUs
1300-1700	Ceremional Training with & W/ Out weapon (Marching)	Company Area	NM Instructor	FM 22-5	BDUs
1700-1730	Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
DAY 11	TUESDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instructor	FM 21-20	PF
0730-0900	Breakfast / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-1130	Ceremional Training with & W/ Out weapon	Company Area	NM Instructor	FM 22-5	BDUs
1130-1300	Lunch/ Formation	Barracks	NM Instructor	N / A	BDUs
1300-1630	Ceremional Training With & W/ Out weapon (marching)	Company Area	NM Instructor	FM 22-5	BDUs
1630-1700	Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
DAY 12	WEDNESDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	Formation / Physical Fitness Training	Yongsan, Main/ South Post	NM Instructor	FM 21-20	PF
0730-0900	Breakfast / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-1130	Ceremional Training With & W/ Out weapon (marching)	Company Area	NM Instructor	FM 22-5	BDUs
1130-1300	Lunch/ Formation	Barracks	NM Instructor	N / A	BDUs
1300-1500	Ceremional Training With & W/ Out weapon (marching)	Company Area	NM Instructor	FM 22-5	BDUs
1500-1630	Ceremional Training (New Man Pre-Test)	Company Area	NM Instructor	FM 22-5	BDUs
1630-1700	Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs

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DAY 13	THURSDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0700	Formation / Physical Fitness Training (Foot March)	Yongsan, Main/ South Post	NM Instructor	FM 21-20 & 21-18	PF/ LBV/ RUCK
0700-0900	Breakfast / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	BDUs
0900-1130	Ceremonial Training (New Man Pre-Test)	Company Area	NM Instructor	FM 22-5	BDUs
1130-1300	Lunch/ Formation	Barracks	NM Instructor	N / A	BDUs
1300-1600	Ceremonial Training (New Man Pre-Test)	Company Area	NM Instructor	FM 22-5	BDUs
1600-UTC	Soldiers' Time & Prep For (New Man Test) Ceremonial Drill & Appearance	Yongsan, Main/ South Post	N/A	Policy Letter #16	Civilian Attire
DAY 14	FRIDAY	LOCATION	TRAINERS	REFERENCES	U & E
0530-0600	First Call / Personal Hygiene / Maintenance of Common Areas	Barracks	NM Instructor	N / A	PF
0600-0730	APFT (For RECORD) New Man PT Test	CP Coiner	NM Instructor	FM 21-20	PF
0730-0800	Weight IN (New Man)	DayRoom	NM Instructor	AR 600-9	PF
0800-0900	Personal Hygiene / Breakfast	Barracks	NM Instructor	N / A	BDUs
0900-0930	Weapons Draw (Ceremonial Weapon)	Arms Room	NM Instructor	N / A	BDUs
0930-1000	Prep for Inspection	Company Area	NM Instructor	N / A	BDUs
1000-1030	Ceremonial IN-RANKS Inspection	Knight Field	HQ PSG	FM 22-5	BDUs
1030-1130	Ceremonial New Man Test	Knight Field	NM Instructor	FM 22-5	BDUs
1130-1200	Welcoming the New Man to the Honor Guard	Knight Field	1SG	N / A	BDUs
1200-1300	Lunch/ Formation	Barracks	NM Instructor	N / A	BDUs
1300-1500	Tour of & Briefing of Duties/ Responsibilities Specific to Each Company Guard Post	Yongsan, Main/ South Post	NM Instructor	N / A	BDUs
1500-UTC	New Men Assigned & Released to Platoon/ Section Control	Company Area	HQ PSG	N / A	BDUs